

LISTEN, STOCKMEN!

Why take a chance on losing your calves when a 15c dose of Parke, Davis & Co's. Black-leg Agresin will eliminate that chance.—The time to vaccinate is while they are alive.

THE LUBBOCK DRUG COMPANY

"The Yellow Front"

G. Granville Johnson

W. Dud Arnett

Phone No. 152

HEALTH SUGGESTIONS FROM STATE HEALTH OFFICE WORTHY OF SERIOUS CONSIDERATION

Few people who "get mad" live to be old. Anger and worry are the two great shorteners of life.

The people who live to be old are usually those to whom nature has given at least one sharp warning—a warning which they have needed. The greater proportion of people are born healthy, and their ways of living make them sick.

We all have our playthings. Happy are they who are contented with those they can obtain; those hours are spent in the wisest manner that can ensue shade the ills of life, and are the least productive of ill consequence.—Lady Montague.

A baby in the home may mean shorter nights and longer days for its dad and mother, less money in the bank and less gadding around in society for a time. But a baby in the home also means love ties strengthened, home made happier, the past forgotten and the future worth living for.

Good habits are always a legal tender for good health. Moderate muscular exercise in the

open air to the extent of slight fatigue, or until there is a perceptible perspiration is a greater preventive of disease than the whole apothecary shop.

Wherever community nursing is undertaken by a competent nurse with a reasonable amount of public support, the work grows rapidly and the community readily recognizes the value of the service. It is prophesied by the more farseeing public health authorities that, in another ten years, no town, city or county, endowed with reasonable vision, will attempt to conduct its public health and philanthropic affairs without nursing service.

When I get to be ninety, I hope that I will have many of my colleagues about me that I shall be accepted as a matter of course.

If I can read well and have weak lungs; if I can write well and have kidney trouble; if I can figure well and have anemia—how much are the three R's worth to me?

We know that malaria is carried on by a special species of mosquito

and we know that if we eliminate the mosquito the spread of the disease will automatically stop.

Responsibility for accident and disease is no longer considered merely a personal problem, it is a community problem as well. Just as we insist that every American shall have the benefits of public education, so should we insist upon the inherent right of every American to the possession of a body free from the handicap of preventable disease.

The public health is the foundation on which reposes the happiness of the people and the power of the country. The care of the public health is the first duty of the statesman.—Lord Beaconsfield.

If there is no filth, there will be no flies.

A large proportion of the diseases from which mankind suffers today are preventable. The time will come when such diseases as malaria and tuberculosis will belong only to the ancient history of medicine. All work, no matter how trivial or valueless it may seem, if it has been done with honesty of purpose, has its place in the great victory over pain and pestilence. Were it possible to ask those who have fought in this cause and have died for it, "Was it worth while?" they, too, would say that they rejoiced that they had not lived in vain, but had been allowed a little share in the work of alleviating the suffering of humanity.

The State Board of Health, Austin, Texas, welcomes inquiries or letters from citizens interested in the promotion of community health.

Dark, dirty and poorly ventilated rooms are consumption factories. Shun them.

Contagion is mainly spread by contact of the infected person with a well person. Sometimes just plain careless carelessness is responsible for the contact.

Juggle with your health and jeopardize your life.

Publicity and education are now universally conceded to be of prime importance in promotion of every phase of public health work.

Improper illumination is a frequent cause of eye strain, accidents and ill health.

Your worst enemy—spreaders of disease and death—the common fly. Sweat him.

An enlightened community will not permit teacher and child to remain in an unhealthful environment and have the process labeled "Education."

Under no circumstances should the tubercular mother be permitted to nurse her child. This is necessary for the health of the mother as well as for the protection of the infant.

All children from homes in which there is or has been tuberculosis should be carefully and repeatedly examined by a competent physician for the early detection of the disease.

Vaccination is less annoying than a pock-marked face and less expensive than a third-class funeral.

If you tire easily and are "all played out," don't dope yourself with so-called "tonics" and stimulants. See your doctor and insist upon having a thorough examination. Weariness is usually the first sign of tuberculosis.

The prevailing popularity of motion pictures and their value in health education have prompted the State Health Officer to provide several high-class reels on health subjects. They are furnished to health officers,

societies, and schools without charge on application. On account of the strong demand, however, it is advisable to make requests well in advance if the pictures are wanted for any particular date.

LOCAL NEWS ITEMS FROM THE RALLS BANNER

Mr. and Mrs. W. J. Pass were called to Lubbock Tuesday on account of the serious illness of a niece, who is in a sanitarium in that city.

A serious fire was barely averted at the home of D. H. Benton Saturday. An effort was being made to exterminate the mites around the chicken house with fire, and in some way the building became ignited. Little damage was done, owing to quick and effective work.

The weather has continued favorable for wheat harvesting during the week, and farmers are making rapid strides toward getting the crop gathered. The yield is holding up in every instance to a much higher point than was indicated at the beginning of harvest, much to the gratification of not only the farmers but to all of our citizens, for we are all interested, directly or indirectly in the wheat crop. Much of the wheat to be harvested has been contracted, and if it can be placed on the market by the 15th inst., a fair price will be realized.

Ten wagon loads of wheat are passing by the office as we are writing this item. Truly the golden grain is coming to our town from all points of the compass. It is well known that our buyers always pay the top of the market for everything and they are endeavoring to go a little above the market on wheat.

The big crops promised in this country are going to be a means of attracting many sharp fellows here who are looking for easy money, and have many get-rich-quick schemes to offer as a means of separating the people from their hard-earned money. If we have any spare cash, put it in the banks, invest it in Ralls town property or buy needed conveniences for the home. Past experience should teach the people to beware of the grafter—many of them have found Ralls a rich field in the past.

SINGERS TAKE NOTICE

The regular meeting of the Lubbock County Singing Convention will be held at the Courthouse in Lubbock on the 5th Sunday, and Saturday night before. All the classes of the county are urged to be on hand for the Saturday night session and help make this the best session we have ever held. Practice up and let's have some good solos, duets, quartets, octettes, class singing, etc.

All singers from neighboring counties are especially invited to meet with us.

T. Q. DYESS, President.
R. I. WILSON, Secretary.

FOUR CARS OF WOOL SHIPPED SINCE JUNE 15TH

According to County Agent J. W. Jennings, four cars of wool have been shipped out of this district since June 15. The last car shipped left Lorenzo Saturday of last week, and another is billed to leave in a few days.

C. H. GROLLMAN LOSES \$3430.70 OIL LAW SUIT

In District Court last week, the case in which C. W. Alexander and Jas. P. Posey were suing C. H. Grollman for commission on fifty acres of oil royalty which amounted to \$3430.70, the case was decided in favor of Alexander and Posey. According to the court, the real estate agents, Alexander and Posey, were buying the royalty for Grollman, and had gone into an agreement that the purchaser would pay as much as \$575 per acre for the royalty, and if the agent should purchase it any cheaper, they were allowed to keep the difference. The royalty was purchased for \$500 an acre, and the misunderstanding came up. Mr. Grollman will appeal the case.

Ray Allen, of the Robinson Furniture Company, returned home Saturday of last week from Justiceburg, where he spent a few days fishing.

Frank Henderson, of Arizona, is here this week attending to business matters.

E. O. Crump, of San Antonio, was in Lubbock the latter part of last week, visiting with relatives.

R. B. Dawson, of Gaines County, was transacting business matters in Lubbock last Saturday.

ASPIRIN

Name "Bayer" on Genuine



Beware! Unless you see the name "Bayer" on package or on tablets you are not getting genuine Aspirin prescribed by physicians for twenty-one years and proved safe by millions. Take Aspirin only as told in the Bayer package for Colds, Headache, Neuralgia, Rheumatism, Earache, Toothache, Lumbago, and for Pain. Handy tin boxes of twelve Bayer Tablets of Aspirin cost few cents. Druggists also sell larger packages. Aspirin is the trade mark of Bayer Manufacture of Monoacetic.

M. M. Stanley, of Amarillo, passed through Lubbock the first of this week enroute to Midland, where he will spend two weeks visiting with relatives.

S. P. ROBBINS

HOUSTON SPIKES

Robbins-Spikes Co. INSURANCE

Phone 423

All business entrusted to this firm, promptly and properly handled. We represent the largest Fire Insurance Company in the World.

Your patronage, whether big or little, is appreciated.

VERILY I SAY—

Now is the time to fill your coal bin! It is better to have a full coal bin throughout the summer than to have an empty one a short time during the winter.

We have some good coal on hand and are prepared to deliver it to your coal bin immediately upon request.

For feed for horses, mules or chickens, we can fill your requirements.

Thomas Grain and Fuel Co.

Phone 324

SOME PEOPLE TALK SERVICE---WE GIVE IT

While rates are all quoted by the State, and therefore no agent can write differently from another, yet there is a difference in policies and agents.

The most of our business has been gotten because we serve our clients to the limit of our ability. While we talk service, we also give it.

IT PAYS TO ADVERTISE—AND BACK YOUR ADVERTISEMENT

Here to Stay
**BRIGGS
&
YOUNG**
Always On the Job